

## California 4-H Presentations: 2025 Impromptu Speech Categories



Impromptu speaking involves speeches that the speaker has developed themselves at Presentation Events within a *three-minute preparation* time. One at a time, the speakers will randomly draw a piece of paper with a prompt on it. Prompts will be developed from the pre-announced categories outlined here, impromptu speech will be selected at random from any category and youth are unable to choose a specific category. From the time that the speaker is given the prompt, they will have three minutes to prepare a speech. Please refer to the Impromptu Speech category description on page 21 of the [UC 4-H Presentation Manual](#).

### Senior Categories (14-19 years old)

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#### Civic Engagement: Youth Activism

Civic engagement is about young people actively participating in shaping their communities and society. Youth activism plays a crucial role in this process, where young individuals use various skills to bring about positive changes. Civic engagement can be done in diverse ways, including advocating for new laws, raising awareness about important issues affecting communities, or mobilizing people to take action. Youth activists engage in a wide range of activities, such as attending meetings, volunteering for community projects, creating awareness, educating others, or leveraging social media to amplify their message. By participating in these ways, young people contribute to creating safer, more inclusive, fairer, and more equitable communities for everyone.

Consider the key stakeholders in your local government whom you could approach to effectively address your concerns. Reflect on how you can strengthen your impact as a voice for change within your community. Ponder *support for social causes? What are some impactful methods to facilitate positive community change through youth activism? How can 4-H actively promote and support youth activism initiatives within local communities?*

#### Healthy Living: Mental Impact of Bullying

Bullying is a serious issue that can deeply impact the mental health and well-being of youth. Victims often experience emotional distress, depression, anxiety, and social withdrawal as a result of being targeted. It's crucial to address bullying early and provide support for both victims and bullies, who often also experience trauma in other parts of their lives, to ensure the mental well-being of all youth.

Consider how stereotypes and prejudices contribute to bullying behaviors and how biases based on factors like race, gender, sexual orientation, or ability impact the way individuals are targeted or marginalized within social dynamics. Reflect on the long-term consequences of bullying on individuals' mental health, social well-being, and sense of belonging. Think about the importance of creating a culture of kindness and inclusivity in 4-H, schools, and communities, and how individuals can contribute to building a more positive and supportive environment where bullying is less likely to occur and no longer socially acceptable.

**Potential Prompts:** *How can allies and advocates amplify the voices of those targeted by bullying and create a supportive network of allies within schools and communities? How can standing up against bullying promote mental resilience and positive social change in individuals? How can fostering empathy and understanding among peers help prevent instances of bullying and promote a more inclusive and compassionate society?*

### **Leadership: Youth-Adult Partnerships**

Youth-Adult Partnerships are at the core of positive youth development, where youth and adults share leadership and collaborate on projects. These partnerships nurture strong relationships that offer young individuals care, challenges, and support from adults. Engaging in Youth-Adult Partnerships equips both youth and adults with crucial skills like teamwork, personal empowerment, critical thinking, effective communication, networking, and problem-solving.

Consider how participating in Youth-Adult Partnerships influences your sense of belonging and value within 4-H, contributing to a more inclusive and supportive environment for all youth. Reflect on how trust is built between youth and adult partners and its impact on the success of collaborative endeavors. Think about how different aspects of your identity shape your experiences within youth-adult partnerships.

**Potential prompts:** *What skills did you develop when collaborating with adults, and how did it contribute to your personal growth? What challenges have you encountered while working in partnership with adults, how did you overcome these challenges, and what insights you would share with adults to enhance youth-adult partnerships.? How does having diverse perspectives within youth-adult partnerships enriched innovative problem-solving and decision-making in collaborative efforts with adult partners?*

### **Science, Technology, Engineering and Mathematics (STEM): Food Science**

Food is something everyone needs to live. We eat food to get energy, stay healthy, and because it tastes good. Food science is a field that combines growing food (agricultural science) and nutrition (nutrition science) to create new food products, new packaging, and improve taste. Think about the food you see in a grocery store and how you pick what to buy: you might think about how it tastes, smells, its nutritional value, how much it costs, the packaging, and what you like. Food science can help solve problems like reducing food waste, understanding why people like certain foods, considering cultural food preferences, and creating foods that are healthier and thus help fight obesity.

**Potential prompts:** *Describe what food science is and how it helps develop new foods that taste better and last longer. Discuss what influences people's food choice such as taste, smell, and packaging, and describe how we might help people choose healthier foods. Explore the ways food science can help reduce food waste, including better packaging, improving shelf life, and creating awareness about waste reduction. Discuss how food science can help combat obesity by understanding nutritional needs, developing healthier food options, and educating people on better eating habits.*

## Intermediate Categories (11-13 years old)

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### My Community

Your community isn't just a place on a map; it's a lively mix of people who live, work, and share common interests and have diverse experiences and worldviews. Picture it like a giant puzzle, where each piece - like government, schools, businesses, and more - fits together to create a whole picture. Understanding these parts helps you see how your community works and what makes it unique.

Reflect on the good things in your community and on what makes you proud to be a part of it. What are some things that could be better? Consider the people from various backgrounds, cultures, and experiences in your community. How does this diversity make your community stronger? And how can you help everyone feel included? Think about someone in your community who inspires you. What do they do to make things better, and how can you follow their example?

**Potential prompts:** Describe something in your community that you really care about. Why is it important to you? How do things like schools, healthcare, and the environment all work together in your community? And how have your experiences in the community shaped who you are today?

### My Heritage

Your heritage is like a treasure chest full of stories, traditions, and things passed down from your family and community's past. It's the unique way your ancestors lived, the tales they told, and the objects they left behind. Discovering your heritage helps you understand where you come from, adds excitement to your life, lessons to be learned, and gives you ideas for the future.

Consider the historical events and special places in your town. How do these things shape the identity and personality of where you live? How does learning about them make you feel more connected to your hometown's past? Sometimes, we learn that our past community history includes things that were at the expense of others, which can be painful as we recognize our past hurt other communities. How can we address these challenges, and make up for the wrongs from the past while still honoring our heritage? Reflect on your part in keeping your heritage alive. How can you make sure that the special traditions, stories, and items passed down to you are remembered and passed on to future generations? Think about how telling stories helps keep your family and community history alive. How does sharing your own experiences and listening to others strengthen the bond between different generations?

**Potential prompts:** Share a story about a family tradition or keepsake that means a lot to you and explain how it ties you to your heritage. Talk about a historical event or place in your community and discuss how knowing about it or visiting it helps you learn more about your town's history and heritage. Explain how hearing or telling family stories makes you feel and how it helps preserve your family's history and heritage.

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